

Potential Cheerleader,

Thank you for expressing interest in being a Walnut Hills Cheerleader! The following forms are very important. Cheerleading can be a fulfilling and challenging experience, but it is also demanding and disciplined in its nature. Please read everything thoroughly and make sure you and your parent have signed the required documents.

Junior High and High School Cheerleading tryout clinics will be held **April 15 and 16 from 5:30-7:30pm** in the **Indoor Facility**. During clinics you will be taught cheers, chants, and a dance. In addition to the material learned, each participant will perform the required jumps. IF you don't attend clinics, you **CANNOT** tryout. If you have conflicts with other sports, you must notify the coach immediately! The tryout material will be performed on **Friday, April 17** and final cuts will be made. Friday tryouts will begin at **5:30pm** and girls are allowed to leave after they perform. Due to the upcoming Spring dances, incoming 7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> tryouts will be on Saturday, **April 18 from 9-12**. The final rosters will be posted Saturday evening on the Instagram page @whhscheersquad.

There will be 3 high school squads for the 2026-2027 season:

- Freshman Football & Basketball
- JV Football & Basketball
- Varsity Football & Basketball

In order to attend clinics and tryout you must have a **current physical on FinalForms! NO EXCEPTIONS!**

DO NOT PAY THE PAY TO PLAY FEE ON FINAL FORMS PRIOR TO TEAM SELECTIONS AS THIS IS **NON-REFUNDABLE!!**

## **Dress Attire for Clinics**

- T-shirt- **No shirts from previous cheer seasons!**
- Shorts
- Sneakers-**No high tops, crocs, boots, or slides!**

## **Tryout Uniform**

- Plain White T-shirt or tank top - **No shirts from previous cheer seasons!-No crop tops or distressed tops!**
- Navy or black shorts
- White socks
- Clean sneakers
- Hair securely pulled away from face with white bow or ribbon
- Tryout number securely attached to the front of your shirt. You will be given a number to wear. **YOU MAY NOT SWITCH NUMBERS WITH OTHER CANDIDATES!**

## **Tryout Skills**

- Jumps- toe touch and jump of choice from the following list:
  - Hurdler (right or left), Pike, Herkie (right or left)
- Cheers, chants, and dance will be taught at the tryout clinics

## **Judging System**

The following system is the basis on which each applicant will be judged.

- Each applicant will be judged using a scoring rubric
- Additional considerations will be based on academic status, clinic attitude, presentation, and overall personality.
- Applicants will tryout in groups of three. This is not to intimidate you, but rather to ensure fairness of the scores and speed up the tryout process. If you have any questions, please email Head Coach Taylor at [tswann59@gmail.com](mailto:tswann59@gmail.com).

Category	Possible Points	Points Scored
<b>JUMPS</b>		
<ul style="list-style-type: none"> <li>• Toe Touch</li> </ul>	<b>10</b>	
<ul style="list-style-type: none"> <li>• Jump of Choice –Pike, hurdler, herkie</li> </ul>	<b>10</b>	
<b>CHEER</b>		
<ul style="list-style-type: none"> <li>• Communication Skills: -loud, clear voice (3)    -no sing-song words (2)  -facials (2)                    -eye contact (3)</li> </ul>	<b>10</b>	
<ul style="list-style-type: none"> <li>• Motion Technique -proper motion placement (3) -arms straight (3) -bold, sharp controlled moves (3) -no broken wrists (2) -claps sharp, loud, hands cupped (2) -fist closed correctly &amp; facing correct direction (2)</li> </ul>	<b>15</b>	
<ul style="list-style-type: none"> <li>• Energy, Enthusiasm, Overall Presence, and Spirit</li> </ul>	<b>15</b>	
<b>CHANT</b>		
<ul style="list-style-type: none"> <li>• Communication Skills: -loud, clear voice (3)    -no sing-song words (2)  -facials (2)                    -eye contact (3)</li> </ul>	<b>10</b>	
<ul style="list-style-type: none"> <li>• Motion Technique -proper motion placement (3) -arms straight (3) -bold, sharp controlled moves (3) -no broken wrists (2) -claps sharp, loud, hands cupped (2) -fist closed correctly &amp; facing correct direction (2)</li> </ul>	<b>15</b>	
<b>DANCE</b>	<b>10</b>	
<ul style="list-style-type: none"> <li>• Skills, Rhythm, &amp; Knowledge of dance -in step with music (2)            -exhibits rhythm (2) -begins &amp; ends on time (2)    -sharp motions (2) -no counting (mouthing/out loud) (1) -smiling, comfortable &amp; having fun (1)</li> </ul>		
<b>TUMBLING</b>		

<ul style="list-style-type: none"> <li>• Cartwheel = 1</li> <li>• Back Walkover = 3</li> </ul> <p>Back Tuck = 5</p>	<p>Roundoff = 2</p> <p>Back Handspring=4</p>	5	
<b>Total</b>		<b>100</b>	

**Time Obligations**

**Home and Away Games:**

- Football: Game days vary by squad, 1 game per week
- Basketball: Game days vary, 1-2 games per week

**Practices:**

- 2 days per week-Practice dates TBD

Cheerleaders who have been selected for the 2026-2027 Squad are expected to be in attendance at all games and practices. The cheer season will begin in May.

# Walnut Hills High School Cheer Program

## Contract Rules & Agreement

### Team Requirements:

- As a student and athlete, cheerleaders are required to meet all the eligibility requirements, including maintenance of good grades and attendance.
- Each member of the Cheer Program is required to attend clinics, camps, **all** practices, and games.
- You will be required to sign and date that you agree to all of these conditions for a great cheer season.

### Expectations of Team Members:

- You are expected to arrive on time to **ALL** meetings, practices, performances, team functions and games.
- You are expected to come appropriately dressed, fully prepared to work with all necessary equipment. (This includes shoes, uniform, practice wear, etc.)
- You are expected to stretch and condition properly with the group to avoid unnecessary injury.
- You are expected to fully participate with a good work ethic, cooperative and respectful behavior.
- **You are expected to show a working knowledge of all routines/cheers taught or will sit out until you have learned them. This applies to all cheerleaders!**
- You are expected to be an ambassador of the school, if you have a behavior issue in school, it will affect your position on the team and ability to practice and participate.

### Social Media:

- Your social media is a part of you! If you are going to be a part of this team, then your social media is important in how you portray yourself! - Remember, the community and the student body look at cheerleaders/dancers as role models of their school and expectations will be held. - Our school athletics has a very strict social media policy

### Fundraising:

-All cheerleaders will be mandated to participate in most fundraising - This will only better your squad and the opportunities it may benefit us in the future. This will be a BIG part of our team. Especially if we plan to go get new equipment and things to better us as a squad.

### Absences/Injuries:

- All absences must be pre-approved by the coach at least 48 hours prior. If you are sick and **ABSENT** from school, you will not be allowed to participate in practices, performances, or functions. Three unexcused absences from practices will result in removal from the program.

- Not having proper uniforms for practices and games will result in sitting out a quarter at a game (this means shoes, jewelry, bows, poms, socks) borrowing from anyone else won't be allowed either. **If you become injured, you must present a doctor's note detailing the nature of your injury, any physical limitations, and how long you are expected to be out. You must present a note from the same doctor releasing you to participate when you have recovered from the injury.**
- **Injured team members are still required to attend all practices, performances, games and functions in proper game/practice attire as designated by the coach.**
- Injured team members must also report injuries to the school athletic trainer.

### **Appearance and Uniforms:**

- Team members are required to adhere to all school, athletic and cheer team dress code requirements. Teams will be in uniform for all appearances.
- 1 stud earring in each ear will be allowed during any practice, performance, game or function.
- **Nails need to be athletically cut. You are only allowed to have clear, French tips or natural colors.**
- Hair will be worn in the designated style the coach has decided upon for games, performances, functions, etc. Therefore your personal hair style must be school appropriate and accommodate this cheer/dance style. Hairstyle will be half up and half down or a high ponytail with a cheer bow bobby pinned in the front. Hairstyle length will be no longer than the center of your back, if longer it will be mandated to be pinned up. Only natural hair colors will be permitted. No add-ons such as beading and or shells as they are safety hazards.
- We are preparing you to become college athletes , for game days and events we want to look presentable with hair up and nice smiles and all in uniform just like they would if they were to cheer/dance in college
- You are expected to maintain and care for the uniform carefully. You will be charged for the replacement of any damaged or missing items.
- You are expected to maintain appropriate personal hygiene to participate in practices, performances, games and functions.
- We will cheer in the rain/snow/cold, etc.: team members should have their own clear rain gear, and black gloves, hats/ear warmer headbands and must wear them as a team or not at all. Please make sure you check with your coach for what you need in weather situations.

### **Behavior and Respect:**

**As a Walnut Hills cheerleader you are held to a higher standard of behavior in and out of uniform:**

- You are expected to come to all practices, performances, games and functions with a cooperative attitude and respectful behavior toward yourself, other team members, and any coaches/staff/adults, etc.
- You are expected to show good sportsmanship to others, both team members, peers, and any coaches/staff/adults.
- **Disrespect WILL NOT be tolerated and you will be sent home causing an unexcused absence.**
- Coaches make the final decision regarding who will cheer and or participate in events. There will

- be no questioning of coaches' decisions.
- You are expected to respect areas of all the practices or performances. You must clean up after yourselves. **You should leave the area cleaner than you found it.**
- You must stay with the team at all times, and respect the boundary limits set by coaching/school staff.
- **If your behavior becomes an issue at school, you will be dismissed from the team.**

## Behavior=Consequences

### Benching for Game (Duration depends on offense)

1. Disrespect toward the Coach at any time. **\*\* FULL\*\***
2. Misbehavior in school **\*\* FULL**
3. Unapproved Tardiness to Practice and Mandatory Events **\*\*HALF**
4. Not wearing appropriate attire assigned to school or event. **\*\* QUARTER**
5. Game day Appearance not complete. **\*\* FULL**
6. Disrespect another Teammate **\*\*FULL - BULLYING will not be tolerated!**
7. 2 Ds or 1 F. Once games start, grades will be checked on a weekly basis! **\*\*FULL**

### Automatic Dismissal from Cheer Program **\*\*No Exceptions\*\***:

1. Ineligibility of Grades (Probation may occur)
2. Out of school suspension
3. Inappropriate use of social media! **IMAGE IS EVERYTHING!**
4. Bullying, instigating or entertaining any drama within the cheer program-this will be at the discretion of the coach.

### Parents, Coaches and Other Adults:

- Any adult in attendance at a team performance, game or function is expected to be a role model in the Walnut Hills High School Cheer Program.
- All practices are closed and spectators are not allowed, unless the coach approves and knows someone is coming/ parents will have a designated time at the end of practices when they can come in and watch what is going on.
- Questions, comments and concerns should be addressed to the team members' coach first and followed up by the Program Director.
- **Parents, guardians and team members must schedule an appointment with the coach or head coach in order to discuss matters of concern. MATTERS OF CONCERN WILL NOT BE DISCUSSED AT GAMES, PRACTICES AND ANY EVENTS WE ARE ATTENDING!**
- **Parents, siblings, friends, etc. must remain in the fan sections of a game and not with the cheerleaders or on the sideline with the coach.**

### **Contacting the Coach:**

- E-mail during the day
- Motiv app for all other communication

### **If you have a problem, or concern:**

1. Schedule a time to meet with your child's coach first
2. If you do not feel the problem was resolved, schedule a meeting with the varsity head coach/program director
3. If you still do not feel the problem was resolved, schedule a time to talk with the athletic department.

Most issues can be resolved at the team level. Please remember that cheerleading falls under the athletic umbrella.

Please review this packet with a parent in its entirety. Please keep this packet for your records and sign and bring the LAST PAGE only to tryouts!

I have read and understand the rules that govern (CPS) and the Cheer Program.

I understand that if my daughter/son is removed from the team, there are no refunds from the account for monies paid for personal items, camps, etc.

Parent signature: \_\_\_\_\_

Athlete Name: \_\_\_\_\_

Athlete signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Cell Phone Number: \_\_\_\_\_

Parent Email Address: \_\_\_\_\_

Athlete Cell Phone Number: \_\_\_\_\_

Athlete E-Mail Address: \_\_\_\_\_